



UCCOOK

Brilliant Beef Rump & Couscous

with basil pesto & tomato

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Waterford Estate | Waterford Grenache
Noir

Nutritional Info

	Per 100g	Per Portion
Energy	674kJ	3720kJ
Energy	161kcal	890kcal
Protein	10g	55g
Carbs	12g	64g
of which sugars	2.6g	14.1g
Fibre	1.8g	10g
Fat	5.5g	30.5g
of which saturated	1.9g	10.7g
Sodium	159.6mg	880mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree
Nuts

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
30g	60g	Danish-style Feta
1	1	Tomato
1	1	Onion
20ml	40ml	Pesto Princess Basil Pesto
160g	320g	Beef Rump
7,5ml	15ml	NOMU Moroccan Rub
10g	20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. FOR FLUFFINESS Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. PREPARATION STATION While the couscous is steaming, drain the feta. Rinse and roughly chop ½ [the] tomato. Peel and roughly slice ½ [the] onion. Loosen the pesto with olive oil in 10ml [20ml] increments until drizzling consistency.

3. SIZZLING STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. FRIED ONION Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. Fry the onion until golden, 4-5 minutes (shifting occasionally). To the bowl with the couscous, toss through the onion, the tomatoes, a drizzle of olive oil, and seasoning.

5. NEXT LEVEL YUM! Bowl up the loaded couscous. Top with the rump slices. Crumble over the feta and drizzle over the pesto. Garnish with the pumpkin seeds. Enjoy, Chef!